





DOMESTIC INSTITUTES
OF
YOUNG MOTHERS.

BY
Mrs. THOMAS LITTLE.

TO WHICH ARE PREFIXED
INSTRUCTIONS FOR SELF-MANAGEMENT
DURING PREGNANCY,

BY THE LATE
SIR RICHARD CROFT, BART. M. D.

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DOMESTIC INSTITUTES

OF

YOUNG MOTHERS.



CHAP. I.

SELF-MANAGEMENT DURING PREGNANCY—
WHAT MAY PREVENT IMPREGNATION—
MONTHLY DISCHARGES—AILMENTS CON-
SEQUENT ON PREGNANCY—QUICKEN-
ING.

EARLY marriage is generally advise-
able; but it frequently happens that a
female is suddenly taken as it were,
from the nursery, to be placed at the
head of a family, having had little or no
opportunity to become acquainted,
either with the duties attendant on
such a situation, or even with what is

required for her personal management, in the most anxiously desired and delicate circumstances.

The transition from the greatest regularity, under the vigilant eye of maternal anxiety, where every care is shewn, even to the most trivial occurrences, and from, perhaps, the plainest diet, to a sumptuously provided table, of which she is the chiefest ornament and attraction, makes unreasonable the expectation that she shall not partake the rich viands which are placed before her, or refuse the pressing intreaties to drink wine with her numerous guests, all of whom feel personally desirous of sharing that honor with the youthful bride. High living, especially if combined with late hours, frequently prevents impregnation; but, where due care is observed as to diet, cleanliness, air, exercise and the general health and management; should pregnancy not occur for a consi-

derable length of time, the cause may be sought for in the formation of the female organs as adverted to in "The Beauty of the Sexes," page 44., Vol. 2., and a graphical delineation of which is contained in the Fifth Edition of "Dr. Robertson's Generative System," by Little. Females are too apt to neglect due precautions at those particular recurring periods, when all violent exercise and exposure to damp and cold should be avoided, and a close under-dress be put on. Every call of nature should become a regular habit. From false notions of delicacy in that respect, serious consequences have frequently resulted. These are important considerations at all times; but more particularly during pregnancy when retention of urine may be productive of serious inconvenience.

Married ladies should always note the periods when certain changes have been

customary, the non-appearance of which affords a rational supposition that pregnancy may be the cause of it; though that is far from certain. Cases are not unknown, where ladies have been regular in those changes, even to the time of delivery.

After Pregnancy has taken place, the womb is sometimes so irritable, that it is absolutely necessary that further intercourse should be suspended, or miscarriage will ensue. Where local irritation is produced by intercourse, it will sometimes be mitigated, if not subdued, by profuse lavation of the parts with cold water; but the sure remedy is introducing a suppository of two or three grains of opium, or four or five grains of extract of hemlock, which will not disturb the constitution so much as when taken into the stomach. This irritability seldom recurs after the birth of a

child, though instances to the contrary are not rare.

The most common irritations which attend pregnancy, are sickness and pains in the breasts, back and face, also the heart-burn; but these generally decrease as pregnancy advances; and those who suffer most during pregnancy, are least liable to miscarry, and have the finest children, though not always the easiest labours.

When retchings are very violent, breakfasting in bed, being much in the open air, eating water-ice, frequently lying on the back, or the application of laudanum, or an opium plaster, or ointment, to the pit of the stomach, will often allay them. Ten grains of magnesia, and ten drops of spirits of harts-horn, mixed in two table-spoonsfull of cold water, will often counteract the violence of the disposition; or, should it

become excessive, five to ten drops of laudanum may be taken every six hours, or four to six ounces of blood may be extracted from the arm.

The pains in the breasts may generally be assuaged, by rubbing them with laudanum and sweet oil ; but, though pain in the face may be removed by applying ice to it externally, it will often only give way to considerable doses of laudanum.

A plaster of the white of an egg beaten up with a table-spoonful of laudanum, thickened with flour, and applied to the loins every night, will generally keep off the pains in the back ; but the horizontal position is most to be depended on. When the slightest colour attends these pains, it should be regarded as an indication of miscarriage, and ten drops of laudanum be instantly taken, besides having recourse to the external

application of opium, and perfect quiet in the horizontal position, until medical aid can be obtained.

When walking induces pain in the back, the air should be obtained without exercise, either in an open carriage, or by sitting out of doors. The copious use of cold water, and dashing a basin-full on the back, night and morning, or taking a cold or shower bath every other morning, is a preventative of this pain. The heart-burn will sometimes give way to chewing green tea; but this greatly depends on what immediately causes it.

A relaxed state of the bowels is not favorable to pregnancy; and costiveness is, not unfrequently, one of the first symptoms of that state. When the bowels do not act spontaneously, once in forty-eight hours, lukewarm, or even cold water may be safely used as a

lavation, whenever the necessity may occur. Miscarriages are generally accompanied by a relaxed state of the bowels, unless when the effect of accident or alarm. Should five to ten drops of laudanum, taken every four or six hours, not allay this relaxation, fifty drops, in about three table-spoonsfull of starch, or arrow-root gruel, as a lavation, rarely fails. A pill of one or two grains of pure opium, introduced into the rectum, and which may be repeated night and morning if necessary, will produce equal effect.

Piles, and irritation of the bladder are very common during pregnancy. Those evils may be prevented, and even cured by frequent lavations of cold water, or its application in a sponge: and the latter will be allayed by a tea-spoon full of sweet spirit of nitre, taken twice or thrice a day, in a cup of barley water, with gum Arabic dissolved in it. When

very troublesome, ten drops of laudanum may be added to each dose of nitre.

If the veins of the legs and thighs become varicose and much dilated, they should be supported by a roller, and great temperance of living be observed.

The general irritability of the body is much increased by pregnancy, and may be diminished by warm flannel clothes, by taking as much air as possible, and by the copious use of cold water. Sea-air and bathing tend more to the diminution of their irritability, than any thing else we know of.

Quickening generally takes place from fourteen to twenty weeks after the last regular period. It is frequently accompanied by fainting, which may be treated, as at any other time, by exposure to fresh air, or administering wine, or volatile spirits in water.

Giddiness is far from uncommon in pregnancy, and may be relieved by a camphor-mixture, with or without æther or sal volatile. High living, or eating animal-food or eggs more than once a day, encourages this affliction; but it will sometimes be suspended or removed by a spontaneous discharge of blood from the nose. On these occasions, opening medicines, bleeding, and more abstermious diet should be enjoined; and all fermented liquors should be relinquished.

Symptoms of fulness in the head, and consequent giddiness and pain, are very apt to prevail when a pregnant lady becomes corpulent and appears more florid, and in fuller health than usual: if her pulse be slow, bleeding in the arm will increase its activity, and relieve the uncomfortable sensations of the head.

Exercise is by no means indispensable during pregnancy: but those who can

take it without fatigue or other inconvenience, should live as much as possible in the open air, carefully avoiding, however, whatever may produce pain in the back. Violent exertion, particularly over-reaching at any thing above the head, may bring a labour at any period of pregnancy, and wherever it takes place prematurely, the chance of a favourable termination is diminished. When disinclination to sleep accompanies pregnancy, getting out of bed and taking a few turns up and down the room will often remedy it.

Ladies who have been subject to miscarry, should consider themselves pregnant, on passing their first period, and thenceforth carefully avoid all violent exertion of the body and mind, large parties, heated rooms, and late hours. Though high living should be generally discountenanced during pregnancy, yet, where the appetite is not

good, and becomes capricious, it is better to indulge than to thwart it. The treatment must be adapted to the constitution. Some ladies cannot get through their pregnancy except by living wholly on vegetables, without a particle of animal food, while others will drink a bottle of claret daily for six or seven months together.

The preceding observations are almost wholly by the author's esteemed and lamented friend Sir Richard Croft, Bart. and, as well as those which follow, have been confirmed by the personal experience of the writer, who indulges in no speculative theory ; but confines herself entirely to the result of practice, and that in her own family.



CHAP. II.

CARE OF AN INFANT IN THE MONTH.—
MONTHLY AND WET-NURSES—THE NURSERY—DAMP CLOTHES, FOOD, AIR AND EXERCISE—MISCONDUCT OF SERVANTS—CHARITY SCHOOLS.

The care of an infant in the month generally devolves to the nurse; but it is the duty of a mother then, to be very observant, especially if she have not been brought up with a family of children. A mother will mostly find it advisable to let those monthly nurses have their own way; for, as their character, and in course, their means of livelihood, depend entirely on the performance of their duty, it rarely happens that they are glaringly deficient;

though the mother may wish some things otherwise, it is, in most cases, better to give in to the nurse's ways, as it is only for the month, and the reins then will be in her own hand. The nurse is, moreover, responsible to the doctor, while he is in attendance, for whatever she may do, or may leave undone.

Wet-nurses should scarcely ever be resorted to. Sir Richard Croft said, that in his whole practice, he never met with but one mother, who was really incapacitated from nursing her own infant, and the writer has great doubts whether even she might not have surmounted her difficulty, by such perseverance, as was necessary in the writer's own case. By transferring this duty, a mother loses one of her principal delights: nay, in some important cases too, she benefits herself, as much as she benefits the child.

There can scarcely be a surer discomfort in a family than a wet-nurse. She must be indulged in all her appetites, whims and caprices; and even then it is a great chance, if she does not embroil the whole house. The medical attendant will most probably take care that she is in perfect bodily health; but who can say what mental diseases, the infant may not imbibe from her!

A mother who nurses her own child, must necessarily relinquish all idea of being the fine lady, at the same time. The two characters are as opposite, as light and darkness, and are absolutely incompatible.

The child's sufferings begin, when the nurse takes her leave; for except in very high families, where they may retain an experienced woman, and who, perhaps, will do her duty, the other classes will have a nurse

between the ages of thirty and forty; because they think she will be steady; but mothers should pause before they trust to that age. There is often more dependence to be placed on a much younger girl, particularly if she be steady, which a little personal attention to her conduct will soon discover. A mistress may then be herself; but the professed servants, as they call themselves, are better avoided; for the mother relinquishes her authority to them, and her poor children are the sufferers. Dress and vice predominate over all their better qualities, and therefore they are not to be trusted.

The mother's care devolves upon her naturally, and if she will not take the trouble, how can she expect it from others who cannot be supposed to have that love for her offspring, which she must have; and who but for their wages, would not nurse it at all. A ser-

vant may appear attached to a family, and the children may like her; but even this valuable servant, if a neighbour will give a trifle more wages, will change her service: therefore all are fair objects of suspicion. Not that I would confine a mother to her nursery; very far from it, for the care of children is very harassing; besides, she has other duties to attend to, and recreations are necessary to her health, by attending to which, she is doing her duty to her family.

The staff must not be altogether relinquished out of her own hand. In the morning the nurse should let her see all the infant's linen at the fire; she should then examine its bed, and, if it be damp, have it placed at the fire, before she leaves the room.

No excuse should be admitted, that it is quite dry, or, one time out of three,

the child will be put into a wet bed, than which nothing is more destructive of its health and growth, of which the following is an instance. I was not acquainted with the family; but I saw the management of the child. Its parents were people of such consequence as to have both a town and a country-house. It was at the latter that I saw a beautiful little boy, about three months old. As it drooped day by day, I looked more after it. The servant, when she took the child out, would hang its mattress and blankets, out of the window, to dry. Perhaps, while she was out, there would be a shower, and they in course were completely wet. The other servants, either knew nothing, or, if they knew about it, considered that it was not in their department, and therefore would not attend to it. I have also seen the bedding taken in at night, long after the damp of the evening must have wetted it like rain, and then, I have no doubt,

the child was put to bed in that state. This servant was not a young girl; but she had no thoughts nor care. The child wasted away, and soon died. This is one instance; but I know of many; and I have no doubt that thousands of children, have shared the same fate. How easy for a mistress, to say, I allow none of these things, to be put out; but, will have them, at all times put to the fire, then and then only are they safe.

As, in London, the clothes are all sent to laundresses, they come home very damp. In many instances they are never put to the fire at all. I have had clothes as damp as if just from the tub, and much more pernicious to the constitution. It should be particularly ordered that, before the things are put into the drawers, they should be well aired, summer and winter, and aired again when they are to be put on. We cannot be too particular, and by not being

so, a good constitution may be undermined and destroyed.

The infant's welfare, even from one instant to another depends on the personal attention paid to it, and it appreciates its comforts, as well as we do. How gratifying it is, when administering these little attentions, to see it thrive ; and gratefully it seems to thank you with its artless smiles and expressive looks. It is indeed a careful comfort !

In regard to the food of infants, I recommend, for the first three months, good wholesome pap, not biscuit-powder and tops, and bottoms, and arrow-root, perhaps made palatable with wine: and for such an infant too ! Arrow-root, may,³ perhaps, suit the children of its climate ; but it will not do for children here. I have seen them quite turn at it, and, when a doctor recommends it, I think that all is over, and

it is no matter what it has ; for, in my opinion, it contains no nourishment.

My method with pap, is this ; I take two French rolls every morning ; as, by so doing, I can use them stale, which is preferable. They are boiled in a double-block-tin saucepan, kept as clean as silver : a mistress should herself see and examine it every morning, as the only way to be sure that it is in proper order ; for, without perfect cleanliness the baby cannot thrive. The pap should be made fresh every morning, and be beaten so fine as to pass through a sieve. After it has stood a little while, it will be like a fine jelly.

At the end of three months, I give a little milk, with bread and sugar ; and for its dinner, or twice in the day, veal-broth and beef-tea alternately, and made so that you can eat yourself. It is a common saying, Oh it is only for the child,

it will do. The dear babes have tastes, as well as we have: though they cannot express their wishes by words, they do by signs; for they will turn away from and reject it. I have often seen their viétuals, in such a state, as was disgusting to look at, where I have occasionally visited! This sort of regime will do till after the year or year and a half, with a little variation, such as a light pudding, some well sweetened tea, with its nurse, and bread and butter: it gives pleasure to the child, and makes it full of life.

I do not approve of dancing and throwing a child about, to make it lively as they call it, I think it dangerous too, and a noisy nurse is my aversion.

I have seen a baby hold out its little hands, at the accidental sight of cheese. By all means indulge its desire; and, if it seems to eat it with a relish, another

time, give it more, and a little table beer will strengthen and do it good. Some people may say this is absurd; but I have experienced its advantage; and a child is often injured by not attending to its palate. I always felt happy when they could speak for themselves.

As to taking the air, unless you have grounds of your own, so that you may be out five minutes and in again, my opinion is that, from the last fortnight in November to April, the air of the house is sufficient, not only for an infant, but for much older children. Their blood does not circulate sufficiently to keep them from taking cold.

I knew a nurse take out a sweet healthy baby of four months old, in an easterly wind: she was absent two hours. The cold struck into the child, and, in the course of a day or two, it was a corpse, though no expense was spared

for its restoration. A mother should take the precaution to say to the nurse, before you go out, inquire whether it is a proper day, and how long you may stay. Too many ladies think that, if their children are out of their hearing and in the air, all must be right ; and no further inquiry is made, so that the children appear at stated times.

We are all prone to do wrong, and are disposed to go where our wishes lead, therefore, caution is necessary. When they go out, a time should be limited for their return : parents cannot be too careful.

A nurse, in whom implicit confidence was placed, went out as was customary, with the children, for their walk. The boy was on his feet and the girl in arms. The maid went to some hospital. The attendants told her she must not let the children go in ; but the boy would not

leave his nurse. The people therefore rubbed him with some kind of preparation, and gave him something to smell, to prevent infection.

A woman kept the little girl below, where she was breaking her heart among strangers. This was repeated several times; the nurse on her way home, buying cakes and other trash, to put the children in good humour. Could such conduct ever scarcely be forgiven? It was owing to the care of the people of the hospital, that the infants did not fall victims to some disease; yet this girl had been brought up in a most worthy family, and was in the charity-school of Mrs. Williams, of Moor-Park near Rickmansworth, and was afterwards house-maid in that family from which her character was had: but she was a most artful liar, and equally deceived her benefactress and her subsequent mistress,

Being on the subject of a charity girl, I will touch on that of charity-schools. It is extremely praise-worthy in the many thousands of benevolent people, who take care of these poor children, and, if their endeavours fail, it is truly distressing. They may say that this is only one instance of many of both sexes.

It has been my particular object to look into the state of the children of the rich as well as of the poor, and I do not think that any other beings in the world, suffer so much. Poor helpless things! My heart has often bled for them, when I have been walking out with my own, and have seen how unmercifully they have been treated. When I have laid down on my bed, I have felt grieved that I could not see them all to their respective homes. A Mr. Martin's act is much wanted for them!

As to the education of the charity children, that it is good, I have no doubt; because all good people say so; but if there is a Doctor Bell's system, there should likewise be a Mrs. Bell's system. I do not mean for their education: there I will not interfere. It is given from the best motives, and, in some particulars, must have a good effect, I, however, have my own opinion as to the result; but the domestic part of it is very much abused, from the top to the bottom, and, instead of eradicating bad principles from the children, they have falsehoods instilled into them. Truth is never to be got at. When we see them, they are all attention, all equally demure; and the moment our backs are turned, all levity and deception.

I will now draw attention to a circumstance which occurred in a noble and delightful charity. I had it from the medical practitioner himself, who

is now no more ; and I think, that it so affected his feelings as to be a primary cause of his death. He was removed from his attendance of the establishment, to which he had been a great benefactor, in consequence of the death of a child. It was, in course, meant to be inferred that it fell a sacrifice to his neglect ; but he solemnly told me that he could lay his hand on his heart, and declare to the Almighty that he had done his duty, by every one in that establishment : and all who knew him, as well as I did, would implicitly believe him ; for a more humane and worthy man never existed. I have known him, without fee or reward, and where he never stood the least possible chance of any, when attending a distressed family, and not liking the care to rest wholly upon himself, send for a physician, and pay him, as if it came from the distressed sufferers. For my own part, so high was my opinion of him, that I would have trust-

ed any body belonging to me, to his professional skill; his attention and humanity were so great, that, like a good nurse to an infant, they often effected more good, than even his own professional skill. He felt very anxious, that one ornament of the peerage should have the truth told him, for he was convinced in his own mind, that it was not known to him. Under the present system of mismanagement and mis-instruction, duplicity and falsehood, I would rather take the most ignorant Esquimaux or Hottentot for a servant, than one even of the pet-girls of a charity-school.

CHAP. III

DRESS—ITS EFFECTS ON THE SHAPE—FOOD
— EDUCATION—DOMESTIC ECONOMY—
AND CONDUCT.

The clothing of children, cannot be too loose. Finery always renders the infant uncomfortable. It may, perhaps, not be pleasant to one's vanity to have it seen unadorned; but it is easy, when it is to be made an exhibition of, to put on its lace cap in a moment. A child seems easy when it is not encumbered with finery, and most easy in its night-clothes. Permit neither pins nor strings: let its clothes be made long, and wrap round it. A child has not sufficient strength to kick them off; and, by leav-

ing them loose, they yield to its movements, and the children have room to stretch and grow.

In regard to their usual ailments, great care and good nursing will do more than the whole college of physicians with the pharmacopeias at their backs; for without that, doctors will be of no avail. There are a few medicines which a mother should have by her, and administer with her own hands: never by those of the nurse, unless in her own presence. Perhaps the writer may be more explicit on that head hereafter.

Those who expect to see the next generation teem with fine grown girls may very probably meet with considerable disappointment, the present mode of dressing children to the age of about eight years being adverse to every principle of nature. They have their trowsers, their boots, and their stays, all which, in

my opinion, ought to be discontinued. Their limbs are so muffled up, that they have not full play, and thereby become weak, deformed and puny. Observe a child which wears trowsers, and contrast its walk, with one whose limbs are unconstrained. Mark the comparative difference in their strength: one is all life, and agility, elegance and ease are displayed in all its movements, while the other is inanimate and can scarcely step at all, and never without apparent difficulty and even pain, though, but for its costume, it might have been equally well and actively limbed. The clothing, however, should always be sufficiently warm. Flannel is preferable; it at the same time cherishes, and affords great nourishment to the child's frame; but it must be loose.

While stiffness in dress is fashionable, whether it relate to stays, or even to shoes or boots, we shall have no well-grown

girls. All will be mis-shapen in some part or other. How delightful to the eye, are well grown children! Their limbs want bracing! I am as attached to decency as most people, and that is the plea for wearing trowsers; but I have seen far more indecency in the display of this self same trowser, than I have ever witnessed in those, I had almost said, who had scarcely a rag to put on. It was all very well, because very lucrative, for the dress making-trade; but a mother should consider, paramount to any fashion, what is conducive to the health and comfort of the child.

Boots certainly have been fashionable ever since I can remember, but they are not the less prejudicial. It is very common with a child in boots, to twist her ankle, in all directions, evidently to obtain ease; and when she has shifted it probably all awry, so she will keep

it, and, in time, a grown out ancle, and distorted foot, will be the consequence ; for uneasy pressure on the ancle, or foot, or indeed on any part, will cause that part to grow out.

Parents who are desirous of finely-formed children—and who do not?—should allow no pressure on their limbs, until they have attained their full growth, nor indeed afterwards. While they are growing, the shoe should be made very wide in the sole, so that the foot should tread perfectly flat ; and the softer the upper leather the better. No pressure should be permitted, and the heel especially, should have no stiffening : it wears out the stockings, frets the heel, and renders it sore and uncomfortable, and the child consequently wriggles its foot until the heel of the shoe goes down. On the other plan, the shoe adheres to the heel, and the child is easy. It is a false notion, that easy shoes will promote

large feet ; even should they seem so, ere they have attained their growth, they will be well formed, and therefore handsome ; while on the contrary, a tight shoe is productive of corns, bunnions, and one toe standing an inch above the other, in short a mass of deformity.

There is the young Princess Victorine, who I am in the daily habit of seeing ; what with her trowsers, her ribbons, her boots, her feathers and her attendants, the child is as absolutely unable to stir, as was Sancho Panza when he lay armed and prostrate, in the breach.

It is grievous to see her, in her confined apparel. She has not half the natural activity of a child, at her years. She may well be diminutive : yet the duke of Kent was a fine man, and the duchess is far from short.

I was intimate in a family of consi-

derable opulence, where the son was lame, his foot being almost turned round. His father, a country gentleman, not only would not allow him to wear shoes, but stockings neither, however severe the weather ; so that he was quite an object of pity to the neighbourhood. The same plan was persisted in, until he was grown quite up ; and, by this method, his foot was restored, and his lameness removed ; and he is now a major in the army, in which he served with distinction, under the Duke of Wellington. He has no vestige of ever having been lame ; which might not have been the case, had he been tortured, braced and stiffened, by Mr. Shel-drake's straps and buckles. Nor need this excite any surprise, when we consider that it is daily practised with respect to horses, though it has hitherto been so neglected in its application to our own species. If a horse be lamed, or the hoof be even partly torn away, his shoes are taken off, and he is turned out to

graze where he can enjoy the free natural use of his limbs : the consequence is, that the lameness is removed and the hoof restored.

Gentlemen still persist in the use of cravats, which I have little doubt, cause thenumerous sudden deaths which have, of late,very much increased,so little to the credit of our medical practitioners. Every one expresses astonishment at the frequency of their recurrence, one attributes it to the adulteration of bread, another to that of beer, while the medical profession pockets the profits of our ignorance and blindness. The tightness of the neckkerchief and shirt-collars are the evident causes of the increase of deaths by apoplexies and the determination of blood to the head. Why should the male sex be tortured with tight cravats and collars more than the female? It might be inferred, from his portraits, that the great poet of nature, Lord Byron,

was fully aware of this. We shall all be wiser some day!

Children should never be allowed to sleep with nurses, who are advanced in years. It checks their growth, enervates and renders them puny and withered, and essentially prevents the development of their mental and bodily energies.

The diet of children should be better attended to. Many mothers think that, if their children have plenty of pudding; nothing further should be desired. but they are wrong. Pudding alone is not sufficient to nourish their growth: and children thus fed, are frequently short, both in their persons, and in their breath.

Puddings are very good, especially in the fruit season, if the crust be made of prime roast-beef or mutton-dripping, which is far better than butter. Bread and milk are a good breakfast; but when

they tire of it, the change to tea and bread and butter, may be advantageously made: not salt butter; but the best fresh, if they have less in quantity. The palates of children ought always to be considered. I knew a clergyman, who used to suck the oranges and give his children the peel; because they were only children!

Their dinner should consist of roast-beef and mutton, with plenty of vegetables, potatoes, and bread: this is the most proper food, being nourishing and digestible, and children prefer it, and it does them good.

I do not recommend meat to be hot one day, cold the next, and hashed a third. A mother should consider it her duty, to see her children's dinner set on the table; otherwise, the cook may say it is only for the children, it will do, though the vegetables may not be half boiled,

and the meat either raw or as dry as a stick ; besides, it should not be forgotten, that girls ought to learn, how all these things should appear at table ; and, if there be only meat and vegetables, they should be properly placed, and not thrown upon the table. Table-beer is a good dinner-drink, though many children prefer water : but the beverage of our own country is heartening, if honestly brewed. If they have colds, toast and water should be substituted.

This living will be sufficiently good for them through life. May they never fare worse ! Fluctuations of the world are so various, that it is our duty to prepare their minds for a change of fortune any way. My own experience has shown me, that poverty is more to be apprehended than riches. Under the horrors of want, the mind is ever feeding on a succession of miseries ; it feels disturbed and

angry, with itself, with the world, and, haply, with its Creator too ! riches, and an humble mind are indeed a blessing.

In families which do not retain a professed housekeeper, there is one part of the household linen, which a mistress too frequently thinks beneath her notice ; but which is somewhat essential, and not a little expense: that is, glass-cloths, tea-cloths and tray-cloths and dusters. They are frequently supplied, and rarely forthcoming when required. The best table-linen, may be said to take care of itself ; because a servant knows that if it be disfigured or destroyed, she will have to account for it : and many servants, though perfectly honest, in the common acceptance of the word, destroy property, to a considerable amount, from mere thoughtlessness. Thus we often see house-towels used as dusters, even to wipe the very shoes of the servants. It is advisable for a mistress to see all these

things, at least, once in every week ; and if they appear to be in such a tell-tale state, as to convince her that they have been put to other than their intended uses, the neglect should be reprimanded accordingly. Under such an arrangement, the stock would scarcely require to be completely replenished, for years ; though in some families, not a week elapses without some supply being found necessary.

Some may think the opinion strange ; but more confidence may be placed in the cleanliness of male, than of female servants. It is their pride, as well as their business, to set off every thing to the best advantage, and which cannot be effected without cleanliness. Thus we see, that a man-cook is far more cleanly than a woman, though comparatively useless, out of his own department. He will have whatever utensils he requires, as clean as hands can make them : a

most comfortable qualification in cookery, especially as it relates to the consumer.

A mistress who reduces housekeeping to a regular system of orderly management, will soon find it a pleasure instead of a fatigue: and its beneficial consequence to the servants will exceed calculation. Instead of being given to change, and unsettled, they will soon, themselves appreciate the comforts they enjoy in such places, and from being little other than a tolerated nuisance, a choice of evils, become a treasure to their employers, and whose interest it will be to recompense them according to their deserts; besides, that they will enjoy a private comfort, arising from a consciousness of their own well-doing, which nothing can deprive them of.

From the age of ten to fourteen, the minds of children ought to be formed.

with great care, having been previously prepared, as it were unconsciously, for that good seed which should then be planted and cultivated to maturity. I am, myself, of the religion of the established church, in which I hope that I and mine will continue ; but, I shall not interfere with that of any other persuasion. I know what comfort it can afford in adversity, and I have no doubt that others may derive similar relief, when they seek it, at the right source, through the mediation of their Redeemer.

When young, I attended many different places of worship “on compulsion;” but I never felt so much gratified with any as that of the church. Perhaps I disliked that attendance, to which I was forced ; besides, that it interfered with my pleasures. Young as I then was, I always fancied that I could distinguish, the really devout and religious, from those

in whom devotion was only a pretence, I confess that my own thoughts and eyes were never where they ought to be. When I contemplate my own dear children at their prayers, I cannot but recur to the contrast, I formed to them, at the same age. I repeated indeed; but that was all, I neither thought nor felt. On the contrary, if I chance to go into their bed-room, and witness the earnestness and devotion with which they pray, young as they still are, I am utterly lost in the most delightful and grateful astonishment,

It was urged in proof of Lord Portsmouth's insanity that, when he had read the morning-service, he would also read that of the afternoon, I can only say, that I know many who do the same, particularly in the country, where they are at a great distance from any church. It is not for me to say how far this might be the

case with Lord Portsmouth ; but many would have thought those most insane, who dwelt on such a fact to establish his insanity.

Example is necessary to conduct young minds to religion ; and that example should be found in the parents ; and especially in the mothers. It is good for children to know and see that, 'at sometime of the day, their mamma is in the closet, reading her bible, and that she is not then to be disturbed. If only five minutes be devoted to this serious point, and there are very few families, in which that cannot be spared, it may be of the highest importance in its effects.

There is no necessity to urge children to do the same, their young minds will be imperceptibly led to it ; for, by seeing this to be a daily practice of one who combines the friend, with the parent, they also will in time, do the same ; and

from a conviction of its propriety too. Then how delightful it is to see young people of such humble minds, and which genuine religion has taught and ameliorated!

I do not recommend sending girls to school: they may learn more in one hour at home, with a governess, than at most schools, in a week; independently of avoiding that knowledge which is better unlearnt. Should it not be convenient to retain a governess in the house, to which there are many objections, a daily attendant might be procured without difficulty; and generally to the superior advantage of the children, in every point of view.

When a young lady leaves school, her education is thought to be complete, yet she has all the usefals to learn, besides that she will acquire more instruction, in the daily hour at home, than, at

almost any school: and will also have the opportunity of obtaining an insight into domestic economy. She should see the various articles of which a dinner is composed, that she may know how to order her own table; or she will always be liable to imposition; for it is impossible she should acquire the requisite information by instinct.

I knew a lady who married a barrister: she has since declared to me that, when she married, she did not know a a leg of mutton, from a fillet of veal. She had a fortune, as well as accomplishments; but was deficient in the essential knowledge of domestic economy. Even in affluence, a well regulated table and house, have their agréments; but she found, to her regret and cost, that she was imposed on in every way.

In a domestic plan of education, the mother, if she does her duty, should, after

breakfast, take her daughters into the larder, to see the state of her provisions, and give orders accordingly, that there be no waste. Should the provisions not be proper for the dining room, and it is probable the servants will not like it, as they are, in general, more particular than their master, directions should be given for its disposal, what poor shall have it, and whither it shall be sent. It is always objectionable to allow a servant to give it away at her own pleasure ; as it opens a door for embezzlement. Indeed there are few provisions which should be given away, unless by the very affluent : as there can be but little, which may not be made good for some part of the family, and it renders servants wasteful, and they may feel it severely at a future period. They are very much to be pitied; for, after having been used to good living, and little work, if they lose their places, they generally prove very helpless. Families, which permit extrava-

gance, have a great deal to answer for ; and, if it should not entail ruin on themselves, it frequently does on those who are in their service.

A lady whose husband sat in parliament for many years, and whose son now fills his father's seat there, was a very early riser ; sometimes even before the servants. She would have every thing correct and in order. The butler's and housekeeper's keys were always left in a place appropriated to them, and, in the Morning, she used to inspect every thing. She thought no station so high as to release ladies from looking into their domestic affairs, and that there was a time for every thing. She derived pleasure and advantage from the practice, and never felt herself disgraced by it.

If the younger part of the family dine at their own table, such of the daught-

ers as are old enough, should each have their week at the head of it; by that means they at once become acquainted with the different joints, and how to carve them.

If the family have but one table, the young ladies should be allowed, by turns, to cut up the poultry and game: not when there is company; for it might render them either bashful or bold; and the less notice, of any kind, they attract, at that age, the better.

Woman, born to dignify retreat,—

Unknown, to flourish, and, unseen, be great;

To give domestic life, its sweetest charm;

Will soften, polish, and, with virtue, warm—

Fearful of praise, unwilling to be known,

Should seek but Heaven's praises, and her own.

HANNAH MORE.

I much prefer separate tables. They are not more expensive, if properly conducted; and are far more pleasant to all.

The direction of the table is a point in which a lady should especially interest herself, as she is there seen materially to her advantage, or detriment. It involves her own judgment and external respectability, and the comforts of her husband, of her family, and of all who may occasionally do honour to their hospitality.

If circumstances permit only two or three dishes, and they be well served, with sauces properly made, clean table-linen, a neatly arranged sideboard, and no bustle nor loud answers of the servants, a visitor will feel more gratified with the social reception of such a hostess, then he could derive from the bustle of the most splendid parties—and this only because he really feels **AT HOME**, which affords a sensation of enjoyment which no other words can express.

The most essential requisite in a family, is cleanliness ; order is the natural

consequence of it and necessarily it involves almost every other comfort which will make home attractive and delightful.

At the age of ten, each daughter should have the management of what belongs to her own dress. Let her have an inventory in her drawers, and be informed that, one day in the week, her mamma will always inspect them. She should not, however, be taken by surprise, as, at her early age, they might, not unpardonably, be found in confusion, to the discouragement of her best exertions.

When it is necessary that any parts of her dress be replaced with new, she should resign the old, of which the future appropriation should then be directed. The same should be observed with combs, brushes, and other articles.

This is not meant to take off the responsibility of servants, where they are

kept on purpose. Their duty must still be performed; but it gives good and thoughtful habits to young ladies, and fits them to be pleasant companions, instead of careless romps.

At fourteen, a girl ought to be capable of seeing that all the domestic concerns of the house go on properly, as, if her mamma be absent or confined by illness, her house will be nearly as well regulated as if she were there herself, and, when she can resume her station, she will find the comfort of her orderly arrangement.

An ill regulated house, with a large family, is never at peace, and perhaps some of its members will run away from the confusion and spend their evenings from home. On the contrary, in a well regulated family, be it ever so large, they are all happy together: the servants are attentive and quiet; no calling from one

to another. Not only the heads of the family, but even the children will frequently be heard to exclaim, that they are never so happy as when at home. This is as it should be: they must be permitted all their little pleasures, and encouraged to enjoy their sweet, sweet, home !

Home, the resort
Of love and joy, of peace and plenty, where,
Supporting and supported, polish'd friends
And near relations mingle into bliss.

THOMSON.

Children should be particularly advised as to their manners, which ought to be pleasing. To their inferiors they should be kind, without familiarity ; to their equals obliging, but not intrusive ; and to their superiors, respectful but not servile ; and, to all, attentive and polite, without presumption. Humility renders every one pleased with those who adopt

it, and insures the good wishes of all. Then the good effect of proper deportment to servants is so visible!—I will be obliged to you to do this, causes it to be done with so much pleasure; and kindness is ever so persuasive and influential from the lips of young ladies, that there is scarcely any thing which it will not accomplish. If, on the other hand, orders be issued peremptorily and harshly, though they must be executed, yet, if not unwillingly, we may be sure, not cheerfully,

Great attention should be paid by young ladies to their personal dress, which will not be the less genteel, because it is plain, and most probably, therefore, more becoming. Due encouragement must be afforded to trade; and, in that view, fashion should be followed, though never to an extreme. Clothes should be made up with taste, and put on with judgment, and the greatest attention to delicacy and propriety.

Dress-makers and milliners have an interest in promoting fashions and in endeavouring to persuade their customers to exhibit them. It is their business to do so ; but never let their influence load you with finery, which always appears vulgar, and, in most cases, disgusting, whether fashionable or not; and, ninety-nine times out of an hundred, it is not the fashion, and, unless your influence can render it so, never will be.

It is very pleasing to see young girls take due pride in themselves ; it gives a zest to all their actions; and, if they study to look becoming, which is pardonable in all, they will decorate their persons with care and neatness. The hair, which is a great ornament to a female, should be particularly attended to. Many mothers have an idea that the growth of the hair is inimical to that of the child ; but I think differently. It has many advantages.

The shape requires every attention ; but, as I have before said, it should be subject to little pressure, and to no compression nor restraint. Even deformity will rarely be corrected by irons and straps. We are often told that a girl's shoulders are growing out—they stand high—she stoops—then come back-boards and irons, and she is in misery. She naturally lifts her shoulders to the pressure ; whereas, were her limbs unrestrained, she might, under instruction, throw her arms into the desired position, with greater benefit.

I do not approve of any fastenings in front ; but whether tape, sash or buckle, or whatever fastening, it should take place behind. How many boys, as well as girls, have narrow chests ! Let any gentleman, for his own satisfaction, button his waistcoat behind instead of before, and he will find how naturally he returns its pressure in the front, and, by

so doing, expands the chest. This is a very material, and to me, convincing fact.

A lady who visited her children the last thing at night, as is the duty of every mother, that she may see that they are asleep and comfortable, which must enable her to rest in peace, had her attention attracted to their night-caps. Servants are very apt to tie the string, under the chin, too tight. This is very dangerous, as the face swells when it becomes warm. She always untied them; and, when the children had reached about their eighth year, discontinued ties under the chin, altogether. The pressure of the string against the chin, adds to its length, and it will, in time, turn up, and greatly detract from beauty.

Much may be effected by due attention. A child was born with a very short and ugly pug nose: its mother, therefore, two or three times a day, used to pull the nose

down, and, by this perseverance, when the girl grew up, she had as good a nose as her companions, though it would otherwise have been an eye-sore.

The ears may be a pretty feature, though they are often very much neglected, particularly in boys.

On the subject of complexion a great deal might be said. Those of young girls are frequently destroyed by thoughtlessness. A girl of about twelve years of age walking in a hay-field, her brother covered her in the hay. She became terrified at the idea that she could not extricate herself, and, the weather being sultry, she was shortly in a violent heat. The hay being prickly, irritated the skin of her face, so that it threw out a surfeit-rash. Her mother was much distressed, as the doctor said she might never get rid of it, and certainly not soon. I am happy, to add, however, that by following

my directions, very closely, it has quite disappeared. Medicine was of little or no effect in the case, and, as for the lotions so much talked of, they only spoil the complexion and give it a grey or vulgar shining look. My preparation, with my own signature to authenticate it, may be had of my publisher.

I had written much more; but as my bookseller was pleased to decide that, however interesting in other points, it was not relevant here, I have, though I must confess, not without some reluctance, submitted to his judgment; and I shall conclude with Miss Renou's definition of:—

A good wife and an affectionate mother is she who, with sweet placidity and soft complying grace, with the gentle demeanour of unaffected goodness, the smile of cheerfulness, the serenity of innate peace, the activity of industry, the thoughtfulness of attentions, the gaiety

of innocence, and the tranquillity of contentment, seeks to perform the duties of her station; of a station, ennobled by those duties to which she has consecrated herself, that will transmit her virtues to posterity, render her name sacred to the succeeding generation, and inestimably dear to the hearts of those who call her mother, and to the soul of him, who distinguishes her by the appellation, of friend, companion, wife.

SARAH RENOU.

London, 24, Opera Colonnade,
13 July, 1824.

THE END.

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